



BODY BLAST STRENGTH AND CONDITIONING CAMP



Welcome to the Westport Parks and Recreation **Body Blast Strength and Conditioning Camp for Girls** program. Staples High School Head Athletic Trainer Gaetana Dieso will provide a personalized functional training program to efficiently enhance sports specific qualities and the body's performance while integrating a nutritional base of knowledge to achieve a personal goal. Body Blast Strength & Conditioning is for serious athletes who are looking to challenge themselves and their bodies. Increase your speed, power, muscle endurance, flexibility, and agility to fulfill your life as an athlete. Sports performance enhancement and confidence is a top priority at Body Blast. Commit yourself to this program and we guarantee your body will benefit in more ways than one! Visit www.bodyblasted.com for more information.

GENERAL PROGRAM INFORMATION

The Body Blast Strength and Conditioning Camp is available to girls ages 13 and up. Training will be outdoors and will incorporate agility ladders, speed harnesses, hurdles, foam rolls, and other equipment to help you reach your goal! **Please check out their website for more information at www.bodyblasted.com.**

July 26 – August 19 Staples High School

- **Monday, Tuesday, Thursday 5:15 pm – 6:30 pm SC21**

WHAT TO BRING

Attire should be comfortable workout clothing such as, shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Please bring a sweatshirt or warm-up jacket for cool weather. Bring plenty of water or sports drink.

DROP OFF AND PICK UP

Please make sure you drop off and pick up your child at the **Staples High School**. Staff will be available 15 minutes prior to start time to receive participants. Late pick-ups will not be tolerated and could result in the participant being suspended from the program. Please obey all traffic and parking regulations to avoid being ticketed.

GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.